

Mexican Chicken Soup¹⁰

Number of Servings: 10 (266.87 g per serving)

Amount	Measure	Ingredient
2 3/4	tsp	Oil, olive, extra virgin
3 1/2	cup	Chicken, broiler/fryer, breast, w/o skin, rst
1 1/2	cup	Onion, white, fresh, chpd
1 1/2	cup	Peppers, bell, green, sweet, fresh, chpd
3/4	tsp	Spice, garlic, minced, dried
2 1/4	tsp	Spice, cumin, seeds, ground
1 1/8	tsp	Spice, chili pepper, pwd
1 1/2	cup	Tomatoes, puree, cnd
1 1/2	cup	Tomatoes, diced
11 1/2	Tbs	Cheese, four cheese, Mexican blend, rduc
17.00	oz	Broth, chicken, low sod
1 1/2	cup	Beans, kidney, red, mature, cnd
3/8	tsp	Salt, table, iodized

Nutrients per serving

Nutrition Facts

Serving Size (267g)
Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 370mg **15%**

Total Carbohydrate 14g **5%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 21g

Vitamin A 10% • **Vitamin C 50%**

Calcium 10% • **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

-Sautee Diced Chicken with Onion, Peppers, then add all ingredients/spices except cheese.

-Heat to at least 180 degrees

Serve with 8 oz ladle; 1 cup/serving

Each 1 cup serving = 1 Carb Serving (CS)

-Place 1 tbsp shredded cheese on top when served.(optional)

-Chili powder can be added/omitted at own discretion

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

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